



Promote. Preserve. Protect.

# Directory of Behavioral Health Services for Youth in Howard County

**July 2019**  
(updated 7/25/19)

Visit [hchealth.org](http://hchealth.org) or call 410.313.6300 for more information



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## When to Seek Help

People seek professional behavioral health treatment for many reasons. Among the signs and symptoms that may signal the need to consult a behavioral health professional are:

- Threats or persistent thoughts about suicide
- Persistent feelings of hopelessness and despair
- Frequent feelings of anxiety or nervousness
- Sleeplessness, frequent waking or excessive sleeping
- Persistent, noticeable difficulty concentrating
- Increased use of drinking or smoking to cope with moods
- Unusual lack of appetite or excessive eating
- Unusual difficulty making decisions or handling routine tasks
- Unpredictable or frequently changing moods
- Withdrawal from others or from responsibilities
- Hypersensitivity to words or actions of other people
- Excessive crying or emotional outbursts
- Feelings of panic about specific things or activities
- Behaviors or ideas that are perceived as noticeably odd by others
- Hearing voices that no one else seems to hear

## CRISIS SERVICES

### Mobile Crisis Team

**410-531-6677**

MCT is a partnership between the Police Department, Humanim, and Grassroots Crisis Intervention. During hours of operation, MCT staff is able to respond to a psychiatric crisis identified by the police. MCT is available by calling 410-531-6677, or by calling 911 and requesting the Mobile Crisis Team. Two mental health professionals go the location of the individual and explore support to de-escalate the crisis and help the person in trouble. If there is an issue of safety, the team is able to gain police assistance to have the person transported to the Howard County General Hospital Emergency Department for a thorough psychiatric evaluation. MCT will refer the individual and family members to available community resources and follow-up to assure linkage.

### Grassroots Crisis Intervention Center

**6700 Freetown Road**

**Columbia, MD 21044**

**410-531-6677 or 410-531-6006**

**24 Hour Hotline: 2-1-1**

[grassrootscrisis.org](http://grassrootscrisis.org)

Provides telephone counseling, free walk-in counseling, emergency shelter for the homeless, a 24-hour suicide hotline, Mobile Crisis Team, and a Runaway Teen Program that provides crisis intervention for runaway youth and their families. All services are free. Marylanders with mental health or substance use issues are encouraged to "Call 211 and Press One" to reach Maryland Crisis Connect, a crisis response service staffed 24/7, or the hotline, which is available to ALL Maryland residents 24/7, 365 days a year. Immediate access is available to Language Line for telephone interpretation.

### Kidsline

**410-461-1833**

United Way sponsored telephone counseling for youngsters during after-school hours.

### Youth Crisis Hotline

**2-1-1**

Crisis intervention, support and referrals.

### Runaway Hotline

**1-800-621-4000**

A national service based in Chicago. Provides assistance to runaway children, including transportation, crisis intervention, advice to parents and a message center.

### For All Seasons, Inc. Hotline

**1-800-310-7273**

Counseling, advocacy, and education to victims of rape, sexual assault and abuse.

### Crisis Textline

**Text HOME to 741741**

[www.crisistextline.org](http://www.crisistextline.org)

24/7 free service

### There is Hope App

Grassroots Suicide Prevention App

Download the free app in both Apple and Google Play stores.

[www.grassroots.hocomojo.org/services/there-is-hope-app](http://www.grassroots.hocomojo.org/services/there-is-hope-app)

### Help 4 MD Youth

[www.help4mdyouth.org/chat](http://www.help4mdyouth.org/chat)

Monday - Friday, 4:00-9:00 PM

### National Suicide Prevention Lifeline

[www.suicidepreventionlifeline.org/gethelp/lifelinechat](http://www.suicidepreventionlifeline.org/gethelp/lifelinechat)

**1-800-273-8255.**

Free 24/7 confidential crisis support.

## OUTPATIENT TREATMENT

### Advanced Behavioral Health

**Intake Coordinator: 301-345-1022**

**Fax Referrals: 301-560-5558**

[www.abhmaryland.com](http://www.abhmaryland.com)

Off-site Counseling Services (OCS) – In-home therapy provided by licensed therapists to children, adolescents and their families who have Medicaid/MA as their health insurance. Minimum 2 visits per week in the home, school or other client-determined location.

Goals:

- Reduce risk of out-of-home placement (hospitalization, foster care, detention)
- Reduce risk of higher intensity school placement
- Improve mental health/well-being of children, adolescents and their caregivers
- Reduce family conflict
- Improve family functioning
- Increase pro-social behaviors in home, school and community

Empower individuals and families to explore, define and make better behavioral choices.

### Alternative Counseling & Wellness Center

**5136 Dorsey Hall Rd**

**Ellicott City, MD 21042**

**410-828-0101**

[www.alternativecounseling.net](http://www.alternativecounseling.net)

[info@alternativecounseling.net](mailto:info@alternativecounseling.net)

Private practice serving children, adolescents, adults, seniors, couples and families with a holistic viewpoint utilizing the latest methodologies.

Insurance: Medicare, Medical Assistance, Aetna, Cigna, Blue Cross Blue Shield, Tricare, Megellan

### Anxiety Treatment Center of Maryland

**8865 Stanford Boulevard, Suite 202-A**

**Columbia, MD 21045**

**410-800-7591 / Fax 410-730-4750**

[www.anxietymaryland.com](http://www.anxietymaryland.com)

[info@anxiety-treatment-center.com](mailto:info@anxiety-treatment-center.com)

A specialty behavioral health clinic offering cognitive and behavioral treatments for anxiety and related disorders. Provides treatment to children, adolescents, and adults experiencing problems with: selective mutism, social anxiety, separation anxiety, generalized anxiety, specific phobias, panic, agoraphobia, obsessive compulsive disorder, chronic tics or Tourette syndrome, hair-pulling or skin-picking conditions, depression, disruptive behavior, elimination disorders (toilet training difficulties), sleep problems, and co-occurring medical problems such as GI/urological problems, headaches, chronic pain, kidney disease, and diabetes.

Insurance: out of network

### Applied Behavioral Mental Health Counseling

**1997 Annapolis Exchange Parkway, Suite 300**

**Annapolis, MD 21401**

**410-231-7613 / Fax 718-874-0052**

[www.appliedabc.com](http://www.appliedabc.com)

Applied Behavioral Mental Health Counseling provides home based behavioral therapy (ABA) for children and young adults ages 0-21. We strive to provide the best possible clinical techniques for children with ASD (Autistic Spectrum Disorder) and other pervasive developmental disorders. Insurance: Autism services are covered by many insurance policies.

### **Blake Psychotherapy & Associates**

**10632 Little Patuxent Parkway, Suite 340**

**Columbia, MD 21044**

**443-988-2024/410-988-2024 Fax**

[blaketherapy.com](http://blaketherapy.com)

[sblake@blaketherapy.com](mailto:sblake@blaketherapy.com)

Outpatient therapy & nutrition center specializing in eating disorders, addictions, Asperger's, mood disorders and trauma. Utilize therapies such as Cognitive Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT), Psychodynamic Therapy, Person Centered Therapy, Mindfulness and Short-Term Solution Based Counseling. Nutritionists can work with all mental health issues, as well as working with individuals with medical issues. Serves children, adolescents and adults ages 10+. Insurance: Self-pay

### **Center for Child and Family Traumatic Stress at Kennedy Krieger**

**9730 Patuxent Woods Drive**

**Columbia, MD 21046**

**443-923-5980/443-923-5905 Fax**

[www.KennedyKrieger.org/TraumaticStressCenter](http://www.KennedyKrieger.org/TraumaticStressCenter)  
[intaketraumaticstresscenter@kennedykrieger.org](mailto:intaketraumaticstresscenter@kennedykrieger.org)

Mental health treatment to children, adolescents and families who have experienced trauma such as: physical or sexual abuse, neglect, domestic violence and community violence. Education and training for parents, professionals and community organizations, promotion of greater understanding of the developmental, emotional and behavioral consequences of trauma, and communication of the most effective ways to provide care.

Language: Spanish

Insurance: Medical Assistance, Tri-Care and most private insurance plans

### **Clinical Service Connections**

**8930 Route 108, Suite A**

**Columbia, MD 21045**

**443-276-3125/443-661-1175 Fax**

[info@clinicalserviceconnect.com](mailto:info@clinicalserviceconnect.com)

Provides Psychiatric Rehabilitation Program services including a full range of rehabilitation activities and supports. Services for minors will facilitate an individual's development of independent living and social skills including making decisions and creating opportunities for choice to the degree that is age and developmentally appropriate regarding home, school or work and community. Insurance: Medicaid

### **Collaborative Counseling Center**

**5560 Sterrett Place, Suite 201**

**Columbia, MD 21044**

**443-546-4000**

[www.collaborativecounselingcenter.com](http://www.collaborativecounselingcenter.com)

[info@collaborativecounselingcenter.com](mailto:info@collaborativecounselingcenter.com)

Dr. Brett Greenberger, Owner

Child and Adolescent Psychiatrist

Emily Greenberger, LCSW-C,

Clinical Director, Therapist

Child, adolescent and family mental health services. Individual, group and family counseling, art therapy and cognitive behavioral therapy. Psychiatric services include diagnostic evaluation and medication management. Insurance: Self-pay

### **Columbia Addictions Center**

**5570 Sterrett Place, Suite 205**

**Columbia, MD 21044**

**410-730-1333**

[www.ColumbiaAddictions.com](http://www.ColumbiaAddictions.com)

[cactar@verizon.net](mailto:cactar@verizon.net)

Substance abuse and mental health counseling for adolescents and adults. Suboxone treatment. Language: American Sign Language Insurance: Self-pay

**Columbia Counseling Center****5525 Twin Knolls Road, Suite 327****Columbia, MD 21045****410-992-9149**[www.counselingmaryland.com](http://www.counselingmaryland.com)

Outpatient psychological and psychiatric services for children, adolescents, adults, couples and families. Diagnostics and treatment for ADD/ADHD. Medication evaluation and management.

**Community Behavioral Health****10774, 10770 & 10810 Hickory Ridge Road****Columbia, MD 21044****844-224-5264 Ext.16/888-509-0010 Fax**[www.communitybehavioralhealth.net/contact](http://www.communitybehavioralhealth.net/contact)

Early Intervention, Intensive Outpatient, Partial Hospitalization. Buprenorphine, Vivitrol. Adult and adolescent services.

Insurance: Self-pay, Medicaid

**Congruent Counseling Services****10630 Little Patuxent Pkwy, Suite 209****Columbia, MD 21044****410-740-8066/410-740-8068 Fax**[www.congruentcounseling.com](http://www.congruentcounseling.com)

Individual, family, marital, and group counseling. Psychiatrist on staff provides psychiatric evaluations and medication management. Therapists on staff who specialize in working with children, teens, and adults. Issues addressed include: depression, anxiety, attention deficit, acting out behaviors, substance use and addictions, marital difficulties, and more. Dialectic Behavioral Treatment (DBT) for ages 8-21.

Language: Spanish

Insurance: Most insurance plans accepted

**Counseling Resources, Inc.****8388 Court Avenue****Ellicott City, MD 21043****410-461-8662/410-480-4744 Fax**

Co-occurring mental health and substance use disorders, outpatient, adolescent and adult, DWI Education. Adult and adolescent services.

Insurance: Self-pay with a sliding fee

**Crossroads Psychological Associates****10784 Hickory Ridge Rd.****Columbia, MD 21044****410-964-0425**[www.crossroadspych.net](http://www.crossroadspych.net)

Individual adolescent, child and adult therapy, adolescent group therapy, adult group therapy, middle school group therapy, social skills group, family/couples therapy, medication management, psychological testing.

Language: German, Hebrew, Yiddish

Insurance: Self-pay

**Family and Children's Services of Central MD****10451 Twin Rivers Road, Suite 100****Columbia, MD 21044****410-997-3557/410-964-1791 Fax**[www.fcsmd.org](http://www.fcsmd.org)[cladota@fcsmd.org](mailto:cladota@fcsmd.org)

Clinical Therapists and Social Workers help individuals and families improve in areas of anger and stress management, coping and problem solving, social skills, and behavior management.

Insurance: Medical assistance, some private insurance, self-pay, sliding fee scale.

**The Family Center & Associates****4785 Dorsey Hall Drive, Suite 109****Ellicott City, MD 21042****410-531-5087**[www.thefamilycenter.tv](http://www.thefamilycenter.tv)[thefamilycenter2@msn.com](mailto:thefamilycenter2@msn.com)

ADD/ADHD, counseling: adolescent, child/pediatric, couples, family, individual therapy. Pain management/biofeedback training, psychological/psycho-educational assessments, sports counseling and medication management. Child bereavement groups.

Insurance: Self-pay

Language: Farsi, French, Arabic

**Focused Solutions, LLC**

5550 Sterrett Place, Suite 200

Columbia, MD 21044

410-884-6031/410-884-6134 Fax

[www.focusedsolution.net](http://www.focusedsolution.net)

Outpatient counseling services.

Insurance: Carefirst, BC/BS, Cigna, United Healthcare, APS, Magellan, InforMed/Conifer, Tricare, Medicare, Johns Hopkins Healthcare, Aetna, MHN, Medical Assistance, Multiplan/PHCS

**Gladstone Psychiatry and Wellness**

Lakeview Office Terrace

9841 Broken Land Parkway, Suite 211

Columbia, MD 21046

443-708-5856

[Gladstonepsych.com](http://Gladstonepsych.com)

Specializes in Addictions, Adult Psychiatry, Adolescent Psychiatry, Anxiety, ADD/ADHD, Bipolar Disorder, Depression, OCD, Panic Disorder  
Language: American Sign Language  
Insurance: BC/BS, CareFirst, Aetna, and Cigna

**Halcyon Clinical Services, LLC**

Orlando Wright, Ph.D., LCSW-C

6304 Woodside Court, Suite 110G

Columbia, MD 21046

Phone: 443-718-9085

Fax #: 425-795-1406

[www.halcyonclinicalservices.com](http://www.halcyonclinicalservices.com)

[admin@halcyonclinical.com](mailto:admin@halcyonclinical.com)

Provides outpatient mental health services to children, adults, and families. Trained experts in Dialectical Behavior Therapy (DBT), Cognitive Behavioral Therapy (CBT), and Motivational Interviewing (MI). Coordinate with primary care physicians regarding behavioral health needs.  
Insurances Accepted: Medicaid, Blue Cross Blue Shield, Medicare, and private self-pay

**HC Drug Free**

5305 Village Center Drive, Suite 206

Columbia, MD 21044

443-325-0040

[www.hcdrugfree.org](http://www.hcdrugfree.org)

[info@hcdrugfree.org](mailto:info@hcdrugfree.org)

Provides resources and education on prevention, treatment, recovery, and health and wellness to help Howard County residents develop knowledge and skills to understand and address behavioral health (substance use and mental health) disorders.

**The Howard Group, LLC**

10760 Hickory Ridge Road, Suite 211

Columbia, MD 21044

410-740-7397 / 410-740-7398 Fax

[www.thehowardgroup.info](http://www.thehowardgroup.info)

Individual, family and group counseling for adolescents and adults from diverse backgrounds. Counseling approaches have been effective, particularly to the unique challenges faced by African-American males.

**Holistic Child Psychiatry**

Phyllis Heffner, MD

10801 Hickory Ridge Road, Suite 215

Columbia, MD 21046

410-260-0344 / Fax 410-260-0344

[www.holisticchildpsychiatry.com](http://www.holisticchildpsychiatry.com)

[holisticchildpsychiatrist@gmail.com](mailto:holisticchildpsychiatrist@gmail.com)

Holistic and Integrative Child and Adolescent Psychiatry with primary focus on assessing and treating symptoms of Autism, Attention Deficit Hyperactivity Disorder, Depression and Anxiety and more in people from age 2 - 65 using biomedical, nutritional, lifestyle, stress management, EEG Neurofeedback, Heart Rate Variability Training, and other techniques to lessen or avoid the use of medication if possible.  
Insurance – Private pay, out of network for all insurance

### **Humanim**

**6355 Woodside Court  
Columbia, MD 21046  
410-381-7171**

[www.humanim.com](http://www.humanim.com)

Humanim provides youth services to support success at school, in the community, and at work. Some of these services include student enrichment and education programs, vocational training and opportunities, and mentoring and outreach.

Insurance: Medical Assistance, some private pay

### **Innovative Psychiatry**

**9256 Bendix Road, Suite 200-B  
Columbia, MD 21045  
443-542-0773**

[www.columbiapsychmd.com](http://www.columbiapsychmd.com)

Innovative Psychiatry provides comprehensive mental health care to children, adolescents, and adults. Individual needs are met through assessment, medication evaluation, and psychotherapy. The goal of the patient-centered approach is to ensure the treatment plan is designed to meet the patient's need.

### **Innovative Therapeutic Services**

**14440 Cherry Lane, Suite 208  
Laurel, MD 20707  
301-604-1458/301-604-1459 Fax**

[www.innovativetherapy.org](http://www.innovativetherapy.org)  
[mpaul@innovativetherapy.org](mailto:mpaul@innovativetherapy.org)

Mental health support, community and home visits. On-site services for psychiatric evaluations and medication management. Individual, family and group therapy to children and adults. Psychiatric Rehabilitation Program (PRP) services to children and adults.

Language: Spanish, Chinese

Insurance: MA, private insurance, EAP

### **Integrative Counseling, LLC**

**10630 Little Patuxent Pkwy, Suite 209  
Columbia, MD 21044  
410-740-8067/410-740-8068 Fax**

[www.integrative-counseling.com](http://www.integrative-counseling.com)

Treatment Groups for Substance Use, Abuse, and Dependence. Single Weekend DUI/DWI education

program (State of MD Certified), DUI/DWI and Citation Services, Intensive Outpatient Program for Addiction and Dual Diagnosis for Teens and Adults, Parent Support, Relapse Prevention, Anger Management, Marriage/Couples Groups. Educational and Psychological Testing.

Psychiatrists and Nurse Practitioner licensed to prescribe medication on staff.

Language: Spanish

Insurance: Self-pay and out of network private insurance

### **Johns Hopkins Department of Psychiatry & Behavioral Health Sciences at Howard County**

**10710 Charter Dr Suite G  
Columbia, MD 21044**

**410-720-8530/410-720-7263 Fax**

[www.hopkinsmedicine.org/howard\\_county\\_general\\_hospital](http://www.hopkinsmedicine.org/howard_county_general_hospital)

Outpatient, General psychiatry for Adults, Adolescents and Adults with Eating disorders

Insurance: Private insurance and Medicaid

### **Kennedy Krieger Institute**

**9810 Patuxent Woods Drive, Suite C  
Columbia, MD 21046  
443-923-7508**

[www.kennedykrieger.org](http://www.kennedykrieger.org)

Provides assessment and treatment of children ages 2-18 with behavior problems, including sleep difficulties, tantrums, toileting issues and noncompliance in very young children, aggression, parent-child interaction issues, poor social skills and conduct-related problems in school-age youth. Specializes in serving both typically-developing children, and those with developmental delays and disabilities, such as autism spectrum disorders and intellectual disability.



### **LifePath Counseling Services**

**5122 Aver Court  
Columbia, MD 21044  
410-227-9074**

[www.barbarapolonsky.com](http://www.barbarapolonsky.com)

Individual, child, adolescent, & family counseling. Therapy for personal growth and life changes, relationships/marital issues, parent-child relationships and discipline, anxiety/depression, cognitive-behavior modification and behavioral management, divorce/separation. Children's Life Skills Groups; ADHD, Asperger's, grief/loss, organizational/study skills, divorce/separation, anxiety.

Insurance: Self-pay

### **Life Renewal Services**

**10805 Hickory Ridge Road, Suite 103  
Columbia, MD 21044  
410-387-2763/410-387-2764 Fax**

[www.liferenewalservices.net](http://www.liferenewalservices.net)

Psychiatric evaluations, psychiatric medication management, co-occurring treatment, Psychiatric Rehabilitation for adults and minors, outpatient mental health clinic for adults and minors  
Insurance: Self-pay, Medicaid, and PPO with out of network benefit.

### **Lighthouse Center for Therapy and Play**

**10632 Little Patuxent Parkway, Suite 107  
Columbia, MD 21044  
240-389-2685**

[www.lighthouseplaytherapy.com](http://www.lighthouseplaytherapy.com)

Registered Play Therapist on staff  
Insurance: Medicaid, Medicare, most insurance plans

### **Martin Counseling and Associates**

**5126 Dorsey Hall Drive, Second Floor  
Ellicott City, MD 21042  
443-610-2404**

[www.martincounselingllc.com](http://www.martincounselingllc.com)  
[ericamartinllc@gmail.com](mailto:ericamartinllc@gmail.com)

Provides comprehensive mental health and substance abuse assessment, evaluation and therapeutic services for adolescents, adults, and families. Mental health issues, to include: Anxiety Disorders, Mood Disorders, PTSD and Complex

PTSD and Dissociative Disorders, Mood Disorders, ADHD, OCD, Conduct Disorders, Attachment Disorders, and related Substance Abuse Disorders. Alternative treatment modalities include, acupuncture, Reiki, reflexology, holistic nursing and holistic medicine.

### **The Maryland Centers for Psychiatry**

**3454 Ellicott Center Drive, Suite 106  
Ellicott City, MD 21043**

**410-461-3760/410-461-0526 Fax**

[www.marylandpsychcenters.com](http://www.marylandpsychcenters.com)

Specialized and general mental health services for children, adolescents, and adults.

Multidisciplinary teams evaluate a wide range of behavioral, learning and emotional problems and then design a program of care. The Centers also offer Neuropsychological testing.

### **MPB Group**

**6440-D Dobbin Road  
Columbia, MD 21045**

**410-730-2385/866-371-5933 Fax**

[www.mpbhealth.com](http://www.mpbhealth.com)

Mental health outpatient, co-occurring mental health and substance use disorder, outpatient and intensive outpatient, Psychiatric Evaluation/medication monitoring.

Age range 5-62

Insurance: Self-pay, private insurance, Medicaid

### **Milestones Counseling and Consulting Services**

**10632 Little Patuxent Parkway, Suite 245  
Columbia, MD 21044**

**443-574-4295/443-574-6515 Fax**

[www.milestonesccs.com](http://www.milestonesccs.com)

Provides individual, family, and group therapy, with an emphasis on children, adolescents, and young adults. Works with those with anxiety, ADHD, autism, mood disorders, behavioral difficulties, grief and loss, diversity of cultures. Insurance: CareFirst, Magellan, Cigna, Beacon, Medicaid and Medicare.

### **MSA – The Child and Adolescent Center**

**10005 Old Columbia Road, Suite L260**

**Columbia, MD 21046**

**866-853-4397 (toll free)**

**443-259-0400/443-259-0044 Fax**

[www.msachild.com](http://www.msachild.com)

MSA is a comprehensive community-based outpatient treatment center servicing patients age 3 thru 21. Services include Psychiatric Intensive Outpatient Program for adolescents and the only children's Intensive Outpatient Program in Maryland. MSA provides traditional outpatient mental health care including psychiatric evaluations and medication management by board certified child/adolescent psychiatrists along with individual, family and group therapy by licensed therapist.

Insurance: Medicaid, Medicare and most major health insurance plans.

### **National Family Resiliency Center**

**10632 Little Patuxent Parkway, Suite 121**

**Columbia, MD 21044**

**410-740-9553**

[nfrchelp.org](http://nfrchelp.org)

Educational and therapeutic services for children and parents, individual, family and group therapy, KidsConnex, & TeenConnex, parent education seminars, co-parent consultation, child-focused access planning, online FamilyConnex parenting program, volunteer peer counseling, community education, publications and professional CEU training and certification.

### **Psych Associates of Maryland**

**9520 Berger Rd, Suite 203**

**Columbia, MD 21046**

**410-290-6940 / Fax 410-290-9763**

[www.pamllc.us](http://www.pamllc.us)

Provides comprehensive behavioral health services for children, adolescents, adults, and the geriatric population. Services include psychotherapy, medication management, telehealth, TMS therapy, neuropsychological

testing, evaluations, psychological testing, and applied behavior analysis (ABA).

### **Sheppard Pratt Way Station**

**9030 MD-108, Suite A**

**Columbia, MD 21045**

**410-740-1901/410-740-2503 Fax**

[www.waystationinc.org](http://www.waystationinc.org)

In-home intervention services, mental health outpatient, co-occurring mental health and substance use disorder outpatient, psychiatric evaluation/medication monitoring, adult and adolescent services

### **Stanton Psychotherapy**

**8850 Columbia 100 Parkway, Suite 203**

**Columbia, MD 21045**

**443-546-4476**

[www.StantonPsychotherapy.com](http://www.StantonPsychotherapy.com)

An eclectic group of therapists committed to helping clients heal and improve their lives. Individual, couples and family therapy. Therapists with a variety of specialties including, children/adolescent issues, ADHD, substance abuse, domestic violence, trauma, marital issues and more.

Insurance: Most insurance accepted

### **THRIVE Center for ADHD & Comprehensive Mental Health Care**

**6310 Stevens Forest Road, Suite #100**

**Columbia, MD 21046**

**410-740-3240/443-276-6640**

[www.myTHRIVE.net](http://www.myTHRIVE.net)

Therapists, Psychiatrists and Executive Function Coaches provide services for Children, Adolescents, Couples, Parents and Adults. Specialty programs in ADHD, Young Adults Struggling to Launch, work life mental health, social skills groups and executive, function coaching.

Insurance: Self-pay

## PSYCHIATRISTS

### **Margaret (Peggy) Adams, MD**

**8388 Court Avenue  
Ellicott City, MD 21043  
410-313-8119**

Psychotherapy and psychiatry services for parents-to-be, infants, toddlers, children, adolescents and adults. Medication can be provided as needed. Areas of treatment include: anxiety, mood disorders including depression, school problems, ADHD, OCD, PTSD, adoption, attachment dysfunction, developmental delays, autistic spectrum, family issues and life transition.  
Insurance: Self-pay

### **Sandra Akinsete**

**5840 Banneker Road, Suite 200  
Columbia, MD 21044  
410-989-4623**

Treat, prescribe and monitor children with ADHD and mood disorders.  
Insurance: Some insurance accepted, self-pay

### **David M. Band, MD**

**Crossroads Psychological Associates, LLC  
10784 Hickory Ridge Road  
Columbia, MD 21044  
410-992-7288 Ext. 22  
[office@crossroadspsyched.net](mailto:office@crossroadspsyched.net)**

Comprehensive psychiatric services to children, adolescents and adults, including assessment, evaluation and treatment, psychopharmacology and psychotherapy. Areas of expertise include: ADHD, mood and anxiety disorders, angry-depressed teenagers with behavioral and school problems, bipolar disorder, major depression, behavioral aspects of individuals with autistic spectrum disorders, PANDAS, and psychiatric aspects of Lyme Disease.  
Insurance: Self-pay

### **Brett Greenberger, MD**

**Child and Adolescent Psychiatrist  
Collaborative Counseling Center  
5560 Sterrett Place, Suite 201  
Columbia, MD 21044  
443-546-4000**

[www.collaborativecounselingcenter.com](http://www.collaborativecounselingcenter.com)

Child/Adolescent mental health services and follow-up.  
Insurance: Self-pay

### **Janine Fuertes-Ramirez, MD**

**8940 State Route 108, Suite E  
Columbia, Maryland 21045  
410-941-3111**

[www.cpeclinic.com](http://www.cpeclinic.com)

Diagnosing, consulting, and treating children, adolescents, and adults with a wide range of psychiatric disorders and mental health challenges  
Insurance: Self-pay, sliding fee scale

### **Steven M. Gordon, Psychiatric Nurse, PMHNP, CNS-BC**

**5850 Waterloo Rd, Columbia Business Suites  
Suite 140  
Columbia, Maryland 21045  
410-988-2503**

[gordonnp@smg-practic.com](mailto:gordonnp@smg-practic.com)  
[www.synergystrive.com](http://www.synergystrive.com)

Specializes in a wide range of clinical issues and needs for clients who range in all ages, providing services from therapy to prescribing medication for mood, anxiety, ADHD, Asperger's Disorder, obsessive-compulsive disorder, parenting support, stress management and life coaching.  
Insurance: Self-pay, BC/BS

**Kevin Harrison, MD**

**Maryland Centers for Psychiatry**  
**3454 Ellicott Center Drive, Suite 106**  
**Ellicott City, MD 21043**  
**410-461-3760 / 410-461-0526 Fax**  
[www.marylandpsychcenters.com](http://www.marylandpsychcenters.com)  
[mcpec@verizon.net](mailto:mcpec@verizon.net)

Child and adolescent psychiatry evaluations,  
consultation, and medication management.  
Insurance: Self-pay

**Douglas W. Heinrichs, MD**

**5034 Dorsey Hall Drive, Suite 103**  
**Ellicott City, MD 21042**  
**410-964-6486 / 410-964-6486 Fax**

Psychiatric evaluation and treatment adults,  
adolescents and school age children. Treatment  
approaches include both pharmacological and  
psychotherapy interventions, with a special  
expertise in medication management for  
individuals with a history of poor response or  
tolerability to medications, or with complex  
overlapping biological and psychological issues.  
Areas of special interest include: depression,  
bipolar disorders, anxiety and panic conditions,  
OCD, ADHD, and psychotic disorders.  
Insurance: Self-pay

**Sushma N. Jani, M.D.**

**10774 Hickory Ridge Road**  
**Columbia, MD 21044**  
**844-224-5264 x17/888-509-0010 Fax**  
[www.communitybehavioralhealth.net](http://www.communitybehavioralhealth.net)

Various ages (children and adults)  
Insurance: Medical Assistance and private  
Insurance

**Neda Kaveh, MD, MS**

**5052 Dorsey Hall Drive, Suite 102**  
**Ellicott City, MD 21042**  
**410-881-6090**

Toddler to teenager mental health support and  
follow-up.  
Insurance: Self-pay

**Andy A Mattai, MD**

**Innovative Psychiatry**  
**9256 Bendix Road, Suite 200B**  
**Columbia, MD 21045**  
**443-225-4505**  
[admin@ecpsychiatry.com](mailto:admin@ecpsychiatry.com)  
[www.columbiapsychmd.com](http://www.columbiapsychmd.com)

Preteens/Tweens (11-13), Adolescents/Teenagers  
Insurance: Self-pay

**Tanveer A Padder, MD**

**Padder Health Services**  
**8850 Columbia 100 Pkwy**  
**Columbia, MD 21045**  
**410-921-9183**  
[www.mypsychconsult.com](http://www.mypsychconsult.com)

Bipolar, Major depression, Anxiety, PTSD,  
Addiction, ADHD, Panic attacks, schizophrenia.  
Ages 6-19  
Insurance: Self-pay

**James Park, Psychiatric Nurse Practitioner,  
CRNP, PMHNP**

**Alliance Psychiatry**  
**8840 Stanford Boulevard, Suite 400**  
**Columbia, MD 21045**  
**443-417-1815**  
[www.alliance-psychiatry.com](http://www.alliance-psychiatry.com)

Medication management for adults, adolescents  
and children ages 6-19.  
Insurance: Self-pay

**Laura C. Renbaum, M.D.**

**Crossroads Psychological Associates, LLC**  
**10784 Hickory Ridge Road**  
**Columbia, MD 21044**  
**410-964-0425/Fax 410-964-0515**  
[laura.renbaum@gmail.com](mailto:laura.renbaum@gmail.com)

Outpatient psychiatric evaluation, medication  
management, and counseling for adolescents and  
adults. (Suboxone certified)  
Insurance: Self-pay

**Tierra Stewart, Psychiatric Nurse Practitioner,  
PMHNP**

**Blue Grass, LLC**

**5840 Banneker Road, Suite 200**

**Columbia, MD 21044**

**410-457-3197**

Child/Adolescent specialty ages 6-19

Insurance: BC/BS, CareFirst, Cigna, self-pay

**Dina M Stein, MD, MPH**

**Gladstone Psychiatry**

**9841 Broken Land Parkway, Suite 211**

**Columbia, MD 21046**

**443-339-9507**

[www.gladstonepsych.com](http://www.gladstonepsych.com)

Young children through young adults needing medications to treat psychiatric conditions, including: developmental disorders, depression, bipolar disorder, anxiety, ADD/ADHD, OCD, PTSD and other mood and anxiety-related conditions.

Insurance: Aetna, BC/BS, Cigna, Self-pay

**Kimberly Camille Walker, MD**

**10630 Little Patuxent Parkway, Suite 313**

**Columbia, Maryland 21044**

**240-608-6270**

Child, Adolescent and Adult Psychiatry, treating ADHD, anxiety and mood issues

Insurance: Most insurance plans accepted.

## PSYCHOLOGISTS

### **Lenora Roat Arrington, Psy.D.**

**1 Park Avenue, Suite D**

**Mt. Airy, MD 21771**

**301-693-9275**

[www.re-directionscounseling.com](http://www.re-directionscounseling.com)

[LenoraArrington@re-directionscounseling.com](mailto:LenoraArrington@re-directionscounseling.com)

Provides outpatient counseling and psychotherapy for adults and adolescents. Treatment for depression, anxiety, trauma, identity, spiritual issues, relationships. Insurance: Medicare, sliding scale may be available.

### **Jeanne Bolton, Ph.D.**

**7270 Cradlerock Way**

**Columbia, MD 21045**

**410-290-6618**

Cognitive behavioral, anxiety disorders/depression, and women's issues. Families, individuals, children. Insurance: Most insurance, providing does not need to be paneled provider with a managed care organization.

### **Talibah E. Buchanan, Ph.D.**

**8720 Georgia Avenue**

**Silver Spring, MD 20910**

**301-495-6393**

[Drtalibahbuchanan.webs.com](http://Drtalibahbuchanan.webs.com)

Outpatient therapy and psychological testing. Services for children, adolescents, and adults. Language: American Sign Language Insurance: Self-pay

### **Susan Rockwell Campbell, Ph.D.**

**7296 Kindler Road**

**Columbia, MD 21046**

**410-290-5901**

[www.drsusancampbell.com](http://www.drsusancampbell.com)

Psychotherapy and counseling for adults and adolescents. Individual, couples and family therapy. Specializing in couples and relationship issues, sexual issues and disorders, women's issues.

Insurance: Sliding scale upon request.

### **Deborah S. Cole, Psy.D.**

**8840 Stanford Boulevard, Suite 4000**

**Columbia, MD 21045**

**410-381-7551 / 410 715-0055 Fax**

[www.drdeborahcole.com](http://www.drdeborahcole.com)

Focus on depression, anxiety, panic, sexual addiction, obsessive compulsive disorder (OCD), trichotillomania (hair pulling), hoarding, skin-picking, tics and Tourette's, trauma and dissociation. Treats children, adolescents, adults, and couples. Comprehensive evaluations for learning disabilities and emotional problems. Eye Movement Desensitization and Reprocessing (EMDR) for evidence-based trauma treatment (Certified in EMDR). Intensive Short-Term Dynamic Psychotherapy (Certified in ISTDP) for working through long-term personality issues which can lead to self-sabotage, depression, isolation, and anxiety. Home visits possible for Hoarding and OCD, when appropriate. Insurance: Self-pay

**Evelyn Fielding, Ph.D.**

**Fielding Psychological Associates**  
9051 Baltimore National Pike, Suite 4B  
Ellicott City, MD 21042  
410-868-4142

[DrEvie@fieldingpsychology.com](mailto:DrEvie@fieldingpsychology.com)

Psychotherapy for adults and adolescents. Areas of treatment: life transitions, anxiety, depression, psychosocial oncology, bariatric surgery evaluations, perinatal mental health.  
Insurance: BCBS, Cigna

**Eric Fielding, Ph.D.**

**Fielding Psychological Associates**  
9051 Baltimore National Pike, Suite 4B  
Ellicott City, MD 21042  
410-868-4143

[DrEric@Fieldingpsychology.com](mailto:DrEric@Fieldingpsychology.com)

Outpatient psychotherapy for children, adolescents, and adults. Trained in trauma treatment. General practice.  
Insurance: BCBS

**Steve Gaeng, Ph.D.**

**Crossroads Psychological Associates, LLC**  
10784 Hickory Ridge Road  
Columbia, MD 21044  
410-964-0425 x12/Fax 410-964-0515

[dr.stevegaeng@gmail.com](mailto:dr.stevegaeng@gmail.com)  
[www.crossroadspsyd.com](http://www.crossroadspsyd.com)

Individual, group and family therapy with school-aged children and their families. Individual, group and marital therapy with adults.  
Insurance: Self-pay

**Julie Galton, Psy.D.**

**9650 Santiago Road, Suite 3**  
**Columbia, MD 21045**  
**703-732-1234**

[juliegaltont@gmail.com](mailto:juliegaltont@gmail.com)

Outpatient psychotherapy for adolescents, adults, couples and families. Areas of expertise: eating disorders, anxiety, depression, young adult issues, relationships, life transitions.  
Insurance: BCBS, CareFirst, FEP, Anthem

**Ana Garcia-Fernandez, Psy.D.**

**Crossroads Psychological Associates, LLC**  
10784 Hickory Ridge Road  
Columbia, MD 21044  
410-992-7288 Ext. 51

[Ana.garcia@crossroadspsyd.net](mailto:Ana.garcia@crossroadspsyd.net)

Counseling to children, adolescents, adults and families. Extensive experience in psychological testing and assessments, such as neuropsychological, adoption and forensic evaluations, academic and vocational testing.  
Language: Spanish  
Insurance: Self-pay

**Glassman Psychological Services**

**Stephanie K. Glassman, Psy.D.**  
9881 Broken Land Parkway, Suite 105  
Columbia, MD 21046  
[www.glassmanpsyd.com](http://www.glassmanpsyd.com)  
410-695-4703

Outpatient psychotherapy to adolescents, adults, families. Special training in stress, trauma, eating disorders.  
Insurance: Medicare, Medicaid, APS, ComPsych, TriCare Standard PPO

**David A. Gold, Ph.D.**

**Crossroads Psychological Associates, LLC**  
10784 Hickory Ridge Road  
Columbia, MD 21044  
410-964-0425, Ext. 16/Fax 410-964-0515

[www.crossroadspsyd.net](http://www.crossroadspsyd.net)  
[david.gold@crossroadspsyd.net](mailto:david.gold@crossroadspsyd.net)

Marital counseling and family and individual therapy for patients of all ages. Also provide psychiatric services with medication management and psychotherapy. Specialized in treating all anxiety and mood disorders and interpersonal problems. Provide sex therapy by AASECT certified sex therapist, hypnotherapy.  
Language: German, Hebrew, Yiddish  
Insurance: Self-pay



**Judy Johnson Grados Psy.D. & Associates**

**10709 Birmingham Way  
Woodstock, MD 21163  
443-803-0288**

Child psychotherapy; social skills groups for children; treatment of anxiety, ADHD and behavior management ages 2 through college. Psychological testing for learning disabilities. Insurance: Self-pay

**Tina Jenkins, Psy.D.**

**Advanced Psychological Services  
9881 Brokenland Parkway, Suite 105  
Columbia, MD 21046  
410-381-2874**

[www.advancedpsychologicalservices.com](http://www.advancedpsychologicalservices.com)  
[tinajenkinspsyd@hotmail.com](mailto:tinajenkinspsyd@hotmail.com)

Children, teens and adults. Groups: Trauma Victims, DBT for Teens with Eating Disorders, OCD Skills Training, Assertiveness Training. Specializes in trauma disorders, eating disorders, anxiety disorders, mood disorders, personality disorders, substance abuse and addictions, some thought disorders.

Insurance: Medicare, Medicaid, BCBS, Aetna

**Cynthia Kalodner, Ph.D.**

**10015 Old Columbia Road, Suite B215  
Columbia, MD 21046  
443-542-5855**

[crkalodner@gmail.com](mailto:crkalodner@gmail.com)

Specializes in anxiety and mood issues, using cognitive behavioral approaches with mindfulness and positive psychology. Individuals and couples, ages 16+.

**Stephanie Weiland Knarr PhD, LCMFT**

**9660 Iron Leaf Trail  
Laurel, MD 20723  
301-490-1011/301-490-1484 Fax**

[www.drstephanieonline.com](http://www.drstephanieonline.com)

Marriage and family therapy practice. Specializing in treatment of PTSD and anxiety disorders for adults and children. Insurance: BCBS, Care First, Tricare, Aetna, Self-pay

**Melvin E. Klein, Ph.D.**

**11804 Bright Passage  
Columbia, MD 21044  
410-730-4564**

[Melklein2@verizon.net](mailto:Melklein2@verizon.net)

Behavioral consultation in developmental disabilities. In-home services to children, adolescents and developmentally disabled adults.

**Saul N. Lieberman, Ph.D.**

**8640 Guilford Road, Suite 220  
Columbia, MD 21046  
410-730-2633**

[snliebermanphd@yahoo.com](mailto:snliebermanphd@yahoo.com)

Individual and family therapy along with parent and school consultation for preschool and school-aged children and adolescents. Specialties include: assessment and treatment of ADHD, social-emotional problems and developmental disabilities.

Insurance: Some insurance accepted

**Eileen Locklear, Ph.D.**

**1645 Liberty Road, Suite 104  
Eldersburg, MD 21784  
410-795-4764**

[eileenlocklear@verizon.net](mailto:eileenlocklear@verizon.net)

Outpatient psychotherapy with adolescents and adults. Expertise in trauma, anxiety, aging issues, family conflicts and stress management.

Insurance: Most insurance accepted

**Laura Margolis, Ph.D.**

**3454 Ellicott Center Drive, Suite 106  
Ellicott City, MD 21043  
410-461-3760**

[www.marylandpsychcenters.com](http://www.marylandpsychcenters.com)

Outpatient individual, group and family therapy services to children, adolescents, and adults. Expertise in developmental disorders, mood and anxiety disorders, and adjustment to chronic illness.

Insurance: Self-pay



**Samantha Marks, Psy.D.**

**Stellar Marks, LLC**  
**10440 Shaker Drive, #105**  
**Columbia, MD 21046**  
**443-878-3544**

[www.samanthamarks.com](http://www.samanthamarks.com)  
[dr.sam.marks@gmail.com](mailto:dr.sam.marks@gmail.com)

Provides counseling, executive function coaching, evaluations and psychiatric services. Specialty is Autism Spectrum Disorder. Works with teenagers and young adults with all issues, including "Failure to Launch." Performance psychology with athletes, musicians, and others.

Language: Spanish

Insurance: Self-pay

**Dayli N. Marrero, Ph.D**

**10632 Little Patuxent Parkway, Suite 343**  
**Columbia, MD 21044**  
**410-997-7373/410-997-7878**

Psychotherapy for children, adolescents and adults.

Language: Spanish

Insurance: Aetna, United Behavioral Health, Kaiser, Tri-Care, CareFirst

**Gwen L. Martinsen, Ph.D.**

**9424 Bullring Lane**  
**Columbia, MD 21045**  
**410-963-9670**

Outpatient counseling for parents with infants and toddlers. Individual counseling for children, adolescents, and young adults. Areas of expertise: infants and toddlers with temperament and behavior issues, e.g. irritability, sleep, eating, toileting, sibling and socialization skills. Highly sensitive children and adolescents with anxiety, oppositional or acting out behaviors. Young adults who are making college, career and relationship transitions.

Insurance: All CareFirst plans except HMOs, Medicaid, Tricare

**Julie A. Morrison, Psy.D.**

**10440 Shaker Drive, Suite 209**  
**Columbia, MD 21046**  
**410-952-9574**

[Drjuliemorrison.com](http://Drjuliemorrison.com)

Psychological evaluation of children, teens, and adults to identify giftedness, learning disabilities, ADHD, and emotional disorders. Useful for obtaining special education services or accommodations.

Insurance: Self-pay

**Kim Moss, Psy.D.**

**3355 St. John's Lane, Suite F**  
**Ellicott City, MD 21042**  
**410-655-1834**

Psychotherapeutic services to adolescents and adults.

Insurance: BCBS, UHC, Kaiser, Medicare, Medicaid, sliding scale

**Peter H. Musser, Ph.D.**

**3355 St. John's Lane**  
**Ellicott City, MD 21042**

[drpetermusser@gmail.com](mailto:drpetermusser@gmail.com)

Outpatient counseling services. Adult and young adult psychotherapy services. Expert areas of treatment include: addictions (substance abuse, sex, gambling, shopping, etc.) trauma, men's issues, life transition.

Insurance: Self-pay

**Edward V. Pecukonis, MSW, Ph.D.**

**3244 Danmark Drive  
Glenwood, MD 21738  
410-493-1530**

[www.lechevalstable.org](http://www.lechevalstable.org)  
[marya@lechevalstable.org](mailto:marya@lechevalstable.org)

Individuals, families, children in foster care, child welfare system with history of trauma. Family therapy, Cognitive Behavioral Therapy, Applied Behavioral Analysis, Motivational Interviewing, Equine Assisted Psychotherapy and counseling services. Substance abuse/abuse assessment, depression and anxiety disorders.

Language: Interpreters available on request, including American Sign Language.

Insurance: BC/BS, Meridian, Tricare, Self-pay

**Amy Rabinove, Ph.D.**

**8640 Guilford Road, Suite 224  
Columbia, MD 21046  
443-472-1198**

[Rabinovepsych.org](http://Rabinovepsych.org)

Outpatient services to older adolescents (17+) and adults. Specialize in OCD, generalized anxiety disorder, panic disorder, phobias, social anxiety, trichotillomania (compulsive hair pulling), skin picking, hoarding, eating disorders and depression.

Insurance: Medicare

**Harvey M. Rapp, Ph.D.**

**5401 Twin Knolls Road, Suite 7  
Columbia, MD 21045  
410-730-4442**

[hmrapp62@hotmail.com](mailto:hmrapp62@hotmail.com)

Outpatient psychotherapy and psychological testing for children, adolescents, adults and seniors. Specialize in ADD, learning disability, job stress, anxiety, depression.

Insurance: Most insurance accepted

**Sheela Reddy, ED.D**

**7021 Garden Walk  
Columbia, MD 21044  
443-546-4810**

[www.spiritherapy.com](http://www.spiritherapy.com)  
[drsheelareddy1@gmail.com](mailto:drsheelareddy1@gmail.com)

Outpatient counseling services to children, adolescents and adults. Specialize in anxiety, ADHD, depression, domestic violence, multicultural family counseling and divorce transitions.

Insurance: Johns Hopkins EHP, Johns Hopkins Family Partners, Medicare, and some self-pay

**Brenda Alpert Sigall, Ph.D., CEDS**

**5060 Castle Moor Drive  
Columbia, MD 21044  
410-730-6151**

[bas@umd.edu](mailto:bas@umd.edu)

Outpatient services to adolescents and adults. Specializes in depression, anxiety, hair pulling/skin picking, adolescents and technology issues (cyber bullying, sexting, etc.), adolescent and adult grief. Psycho-educational and social emotional assessments.

Insurance: Self-pay

**Michael Tebeleff, Ph.D.**

**8640 Guilford Road, Suite 252  
Columbia, MD 21046  
410-312-7250**

[www.marylandcounselingpsychologist.com](http://www.marylandcounselingpsychologist.com)

Outpatient counseling services for children, adolescents, adults and couples. Parent coordination services.

Insurance: United Healthcare, Johns Hopkins/EHP, Medicaid

**Gail K. Walter, Ph.D.**

**The Family Center  
4785 Dorsey Hall Drive, Suite 109  
Ellicott City, MD 21042  
410-531-5087**

[Thefamilycenter2@msn.com](mailto:Thefamilycenter2@msn.com)

Provides therapy for children, adolescents and families. Specializes in the treatment of anxiety and mood disorders, grief and loss issues and parenting challenges.

Insurance: Self-pay

**Scott T. Wolfe, Ph.D.**

**Associated Center for Therapy, LLC  
7120 Minstrel Way, Suite 203  
Columbia, MD 21045  
410-381-4411/410-381-4711 Fax**

[WeekendCouplesworkshop.com](http://WeekendCouplesworkshop.com) [swolfephd.com](http://swolfephd.com)  
[scott@swolfephd.com](mailto:scott@swolfephd.com)

Certified Gottman Method Couples therapist,  
Bringing Baby Home Certified Gottman Educator.  
Counseling couples, adults, adolescents and children.

Insurance: Most insurance accepted

**Anne Marie Zwycewicz, Ph.D.**

**6510 Belleview Drive  
Columbia, MD 21046  
410-997-0026**

Outpatient counseling services to young adults, adults, couples. Therapeutic approach is an integration of cognitive, behavioral, and experiential orientations.

## SOCIAL WORKERS/LICENSED PROFESSIONAL COUNSELORS

### **Alisa Adamo, MSc, MSW**

**14440 Cherry Lane Court, Suite 203  
Laurel, MD 20707  
301-776-8080**

[www.healthgrades.com/providers/alisa-adamo](http://www.healthgrades.com/providers/alisa-adamo)

General practice, all ages seen, all functioning levels with special emphasis on children.  
Insurance: Most insurance, Medicaid, Medicare.

### **Maria Adamos, LCPC**

**Congruent Counseling  
10630 Little Patuxent Parkway, Suite 209  
Columbia, MD 21044  
410-740-8066**

[www.congruentcounseling.com](http://www.congruentcounseling.com)

Provides outpatient and intensive outpatient services. Provides therapeutic treatment for mental health conditions including Bipolar Disorder, Schizophrenia, Major Depressive Disorder, and Body Focused Repetitive Behaviors (i.e. trichotillomania, skin picking, etc.).

Insurance: Aetna, Blue Cross Blue Shield, Cigna, Johns Hopkins, Magellan

### **Dionne Aldridge, LCSW-C**

**Inspiring Minds Mental Health Services  
1777 Reisterstown Road, Suite 390  
Pikesville, MD 21208  
443-416-5833**

[www.InspiringMindsTherapy.com](http://www.InspiringMindsTherapy.com)

[Dionne.aldridge@gmail.com](mailto:Dionne.aldridge@gmail.com)

Mental health services for adolescents, adults, families, and couples. Depression, anxiety, difficulty co-parenting, partner relationship concerns, recovering from a divorce or break up, stress.

Insurance: Medicaid and sliding fee scale

### **Berni J. Antelman, MSW, LCSW-C**

**10630 Little Patuxent Parkway, Suite 307  
Columbia, MD 21044-3204  
410-740-0409**

[bernilcsw@aol.com](mailto:bernilcsw@aol.com)

Children 2½ and older. Adolescents and adults, Individual, couples and family, Mental health: anxiety and depression, relationships. Substance abuse difficulties, gay/lesbian, transgender issues, Autism Spectrum disorder, ADD/ADHD related problems, school problems, occupational/vocational problems.  
Insurance: UBH, Aetna, Cigna, BC/BS

### **Anne Arena, MA, CAS**

**The Family Center  
4785 Dorsey Hall Drive, Suite 109  
Ellicott City, MD 21042  
410-531-5087**

[www.thefamilycenter.tv](http://www.thefamilycenter.tv)

Psychological testing for attentional, learning, and behavioral issues. Academic and executive functioning coaching for adults, adolescents and children. Individual and family therapy.  
Insurance: Self-pay

### **Libby Barritt, LCPC**

**Crossroads Psychological Associates, LLC  
10784 Hickory Ridge Road  
Columbia, MD 21044  
410-964-0425 x24/Fax 410-964-0515**

[Libby.barritt@crossroadspsych.net](mailto:Libby.barritt@crossroadspsych.net)

[www.crossroadspsych.net](http://www.crossroadspsych.net)

Provides counseling to young adults with anxiety, depression, and substance abuse. Trained in Eye Movement Desensitization Reprocessing (EMDR) therapy.

Insurance: Self-pay

**Anshu Basnyat, LCPC**

**The Empowered Parent**

**3355 St. John's Lane, Suite F**

**Ellicott City, MD 21042**

**443-574-3430**

[www.theempoweredparent.net](http://www.theempoweredparent.net)

Outpatient counseling services to children, adolescents, and adults. Marriage and couples counseling. Areas of expertise include: anxiety, depression, refugee mental health, cross-cultural issues, parenting, ADHD, and relationship issues. Language: Nepali, some Hindu  
Insurance: Medicaid, BCBS, Cigna, JHH-EHP, Aetna

**Jane Marie Bisco, LCSW-C**

**5140 Celestial Way**

**Columbia, MD 21044**

**410-428-6801/410-740-4105 Fax**

[columbiatherapy.webs.com](http://columbiatherapy.webs.com)

Adults, adolescents, children age 6+. Specializing in ADHD, anxiety disorders, relationship issues, trauma.  
Insurance: Self-pay

**Tarrah Bonaparte, LCSW-C**

**Focused Solutions, LLC**

**5550 Sterrett Place, Suite 200**

**Columbia, MD 21044**

**410-884-6031 / Fax 410-884-6134**

[tbonaparte@focusedsolution.net](mailto:tbonaparte@focusedsolution.net)

Provides therapeutic services to adolescents and adults seeking relief from and answers to life's challenges with a focus on relationship stress and adjustment problems.  
Insurance: BCBS, Aetna, UBH

**Elizabeth Brandon, LGSW, DBT-C**

**Congruent Counseling**

**10630 Little Patuxent Parkway, Suite 209**

**Columbia, MD 21044**

**410-740-8066 / Fax 410-740-8068**

[www.congruentcounseling.com](http://www.congruentcounseling.com)

Works with clients of all ages and is experienced working with bipolar disorder, borderline personality disorder, depression, anxiety, and mood disorders. Evidence-based treatment options such as Cognitive Behavioral Therapy

(CBT), Mindfulness and Psychotherapy, Dialectical behavioral Therapy (DBT).

Insurance: Most insurance plans accepted.

**Robert J. Carbo, LCSW-C**

**6213 Ashton Park Court**

**Columbia, MD 21044**

**410-964-1770**

[www.healthgrades.com/providers/robert-carbo](http://www.healthgrades.com/providers/robert-carbo)

Outpatient counseling services to adolescents and adults, individual and couples counseling  
Insurance: Most major insurances accepted

**Brittany Cephas, M.Ed, LCPC, NCC**

**Growing Young Minds Counseling**

**10015 Old Columbia Road**

**Columbia, MD 21046**

**301-679-0277**

[www.grow-minds.com](http://www.grow-minds.com)

Individual, group, and family counseling. Specialties include ADHD, Anxiety, Behavioral Issues, Depression, Emotional Disturbance, Family Conflict, Grief, Life Self-Harming, Sexual Abuse, Stress, Suicidal Ideation, Transgender, Trauma and PTSD. Types of approaches and therapy includes cognitive behavioral (CBT), dance/movement, expressive arts, multicultural, trauma focused, yoga.

Insurance: CareFirst BCBS, Cigna, Aetna

**Lauren Chapman, LCPC**

**7226 Lee Deforest Drive, Suite 202**

**Columbia, MD 21046**

**301-909-8723**

[www.healthgrades.com/providers/lauren-chapman](http://www.healthgrades.com/providers/lauren-chapman)

Outpatient counseling services to children, adolescents, and adults. Treatment areas of expertise include anxiety disorders, mood disorders, psychotic disorders, ADHD, and pervasive developmental disabilities.

Insurance: Aetna, APS Healthcare, Cigna, United Healthcare, sliding scale upon request

**Cindy Cisneros, LCPC-S, LPC**

**5560 Sterrett Place, Suite 103**

**Columbia, MD 21044**

**443-741-2294**

[www.creativelyllc.com](http://www.creativelyllc.com)

[Cindy@creativelyllc.com](mailto:Cindy@creativelyllc.com)

Artist and licensed professional counselor that provides individual therapy, creative workshops, and groups. Specializing in working with artists and creative personalities. Outpatient services for adolescents and adults, using cognitive behavioral, mindfulness, person centered and creative approaches. Diagnoses treated include anxiety, mood disorders, psychotic disorders, addictions, adjustment disorders and more.

Insurance: BCBS, FEP, CareFirst, Magellan, self-pay

Language: Some Spanish

**Jodi Cobb, Ph.D., LCMFT**

**443-574-5322**

[www.peerbridges.com](http://www.peerbridges.com)

[jcobb@peerbridges.com](mailto:jcobb@peerbridges.com)

Psychotherapy for parents, children, teens, and families. Specialties include: families impacted by autism spectrum disorders, attachment issues, adoption, foster care, sexual abuse, trauma, and LGBTQ issues. Insurance: Self-pay

**Victoria Cofield-Aber, LCSW-C**

**5074 Dorsey Hall Drive, Suite 104**

**Ellicott City, MD 21042**

**443-745-8375/410-730-1312 Fax**

[www.ioellaberpersonaldevelopmentcenter.com](http://www.ioellaberpersonaldevelopmentcenter.com)

Individual, group, and family therapy, to children age 3, and families. School related issues, depression, anxiety and PTSD. Specialized training in working with children in foster and adoptive families. Special intervention skills in working with immigrants, individuals experiencing homelessness, and individuals with special needs.

Language: Spanish interpreter, Hindi interpreter

Insurance: Major insurances, Medicaid

**Lisa Cohen, LCPC, CAC-AD**

**Congruent Counseling**

**10630 Little Patuxent Parkway, Suite 209**

**Columbia, MD 21044**

**410-740-8066**

[www.congruentcounseling.com](http://www.congruentcounseling.com)

Adolescent Substance Treatment Services to address mental health, substance-related, family, legal, and school issues.

Insurance: Aetna, Blue Cross Blue Shield, Cigna, Johns Hopkins Health Care, Magellan

**Jennifer Crawford McCormick, LCSW-C**

**Focused Solutions, LLC**

**5550 Sterrett Place, Suite 200**

**Columbia, MD 21044**

**410-884-6031/410-884-6134**

[jcrawford@focusedsolution.net](mailto:jcrawford@focusedsolution.net)

Outpatient counseling services to adults and adolescents. Areas of focus are depression, anxiety, post-trauma intervention and workplace issues, grief and mediation.

Insurance: Most insurance accepted

**Christina deGraft-Johnson, LCPC**

**IME Behavioral Health, LLC**

**8840 Stanford Blvd, Suite 1600**

**Columbia, MD 21045**

**410-929-6558**

[ChristinaIMEbehavioral@gmail.com](mailto:ChristinaIMEbehavioral@gmail.com)

[www.imebehavioralhealth.com](http://www.imebehavioralhealth.com)

Outpatient counseling services for children, adolescents, and young adults.

Insurance: Self-pay, Blue Cross Blue Shield, Johns Hopkins

**Michael Derry, LCSW-C**

**Congruent Counseling**  
**10630 Little Patuxent Parkway, Suite 209**  
**Columbia, MD 21044**  
**410-740-8066**

[www.congruentcounseling.com](http://www.congruentcounseling.com)

Combines client-centered and strengths-based approaches with Cognitive Behavioral Therapy and motivational interviewing techniques to help clients negotiate challenges and optimize their functioning. Michael works with children, adolescents, and adults. Areas of interest include: Mood Disorders (Depression, Bipolar Disorder, Suicidality) Anxiety Disorders Substance Abuse (including Co-occurring Disorders) Child Play Therapy Parenting and Parent-Child Relationship problems School and IEP Coordination Couples and Relationship Counseling Family Therapy Cognitive Behavioral Therapy Self-Esteem and Core Belief Therapy Spirituality and Pastoral Counseling Cigna, Johns Hopkins Health Care, Magellan, Onenet, United Healthcare

**Eileen Dewey, LCSW-C**

**5570 Sterrett Place, Suite 205**  
**Columbia, MD 21044**  
**410-730-1333**

[www.columbiaaddiction.com/home/eileen](http://www.columbiaaddiction.com/home/eileen)

Individual, family and group therapy. Specializes in teenage girls, women's issues, parenting, addictions and dual diagnosis.

**Mark Donovan, MA, LCPC, LCADC**

**10630 Little Patuxent Pkwy, Suite 209**  
**Columbia, MD 21044**  
**410-740-8066/68**

[www.congruentcounseling.com](http://www.congruentcounseling.com)

Teens and adults with mental health issues including depression, anxiety, attention deficit problems, stress management, family difficulties, substance abuse and addiction.

Insurance: Most insurance plans accepted

**Barbara E. Dougherty, LCSW-C**

**10451 Twin Rivers Road**  
**Columbia, MD 21044**  
**410-997-3557**

[www.fcsmd.org](http://www.fcsmd.org)

Outpatient counseling services to children, adolescents, and adults. Expert areas of treatment include trauma work.

Insurance: Some insurance accepted

**Katie Downes, LCPC**

**Congruent Counseling**  
**10630 Little Patuxent Pkwy, Suite 209**  
**Columbia, MD 21044**  
**410-740-8066/68**

[www.congruentcounseling.com](http://www.congruentcounseling.com)

Director of Adult Substance Treatment Services, which includes: mental health, family, legal, and work/school issues.

Insurance: Most insurance plans accepted

**Elaine K. Drewyer, LCSW-C**

**National Family Resiliency Center**  
**10632 Little Patuxent Parkway, Suite 121**  
**Columbia, MD 21044**  
**410-740-9553 Ext. 302**

[www.nfrchelp.org](http://www.nfrchelp.org)

Outpatient counseling services for children, adolescents and adults, sliding scale fees available, focus on families in transition and mental health/well-being associated with change/loss, marriage counseling, individual, group, family therapy.

Insurance: Self-pay/sliding fee scale available

**Cheryl Duffy-Williams, LCSW-C**

**3525 H Ellicott Mills Drive, Suite A**  
**Ellicott City, MD 21043**  
**443-224-8634**

[Cheryl.Duffy@verizon.net](mailto:Cheryl.Duffy@verizon.net)

Works with children experiencing anxiety, depression, ADHD, oppositional defiant disorder, and general behavior difficulties. Counsels adults with depression, anxiety, ADHD, and relationships issues.

Insurance: BC/BS, Magellan, USFHP, Medicare, and Medicaid, sliding fee scale available



**Shelia D. Duncan, LCSW-C**

**14201 Laurel Park Drive, Suite 221**

**Laurel, MD 20707**

**1-888-504-6681 / Fax 1-888-972-6562**

[www.sheliaduncan.com](http://www.sheliaduncan.com)

[sheliadduncan@sheliaduncan.com](mailto:sheliadduncan@sheliaduncan.com)

Provides individual counseling for women ages 18-80. Works with a wide range of emotional and behavioral issues providing services that span from therapy for depression, bipolar disorder, anxiety, and ADD.

Insurance: CareFirst BCBS, Medicare

**Dawn Duignan, LCSW-C**

**3881 Ten Oaks Road, Suite 2A**

**Glenelg, MD 21737**

**410-489-4550/410-489-4475 Fax**

[www.hopecounselingctr.com/dawn-duignan-lcswc](http://www.hopecounselingctr.com/dawn-duignan-lcswc)

Provides individual therapy for children, adolescents, families, adults and couples. Extensive experience working with children and families.

Insurance: Some insurance plans

**Kate Emerson, LCSW-C**

**Strength In Me Counseling, LLC**

**7226 Lee Deforest Drive, Suite 202**

**Columbia, MD 21045**

**410-645-0738**

[strengthinmecounseling.com](http://strengthinmecounseling.com)

Works with children, adolescents, adults, couples, and families using a multitude of therapeutic techniques in the area of trauma. Works as a team to help find your inner strength, peace and well-being.

Insurance: United Health Care, Aetna, Cigna (not Allegiance umbrella), most BC/BS

**Shanna J. Evering**

**11419 Ellington Street**

**Fulton, MD 20759**

**832-573-1473**

[Shanna.evering@gmail.com](mailto:Shanna.evering@gmail.com)

Adolescents, adults, and couples. General counseling services for anxiety, depression, grief, life-transition, life-coaching, trauma, eating

disorders, personality disorders, and multicultural issues. Mobile services available through phone therapy, email, skype and community-based locations (home, office)

Insurance: CareFirst, BC/BS, Cigna, Johns Hopkins, Magellan, Anthem, Tricare, and Allegant, self-pay

**Mario Faraone, LCSW-C**

**301-854-2331**

[justthisjustnowpsychotherapy@gmail.com](mailto:justthisjustnowpsychotherapy@gmail.com)

Outpatient services to adolescents (16+) and adults. Cognitive and behavioral exploration with a Buddhist bend, using Buddhist principles and strategies to explore and resolve social, emotional and behavioral difficulties.

Language: German

Insurance: Self-pay

**Mackenzie Fleming, LGPC**

**Congruent Counseling**

**10630 Little Patuxent Parkway, Suite 209**

**Columbia, MD 21044**

**410-740-8066 / Fax 410-740-8068**

[www.congruentcounseling.com](http://www.congruentcounseling.com)

Provides therapeutic services for individual clients with various psychological disorders. Has extensive experience working with children using multiple modalities and approaches.

**Christina Foerster Puglisi, LCSW-C**

**5643 Chelwynd Road**

**Baltimore, MD 21227**

**410-733-4702**

[christinapug@yahoo.com](mailto:christinapug@yahoo.com)

Previously has worked with children and adolescents and their families in a foster care setting, diagnostic setting and currently in a school setting. In home services are available. Specializing in behavior problems, anxiety, depression, ADHD, and those who have experienced trauma. Compassionate about working with the LGBT community.



**Linda Friskey, MSW, LCSW-C**

9650 Santiago Road, Suite 3  
Columbia, MD 21045  
410-799-2982

[lindafriskey@comcast.net](mailto:lindafriskey@comcast.net)

Outpatient psychotherapy for most ages. Individuals, couples, families. Specializing in eating disorders, the intersection of physical and psychological problems, LGBTQ, 12-steps, gambling and other behavioral addictions such as compulsive shopping. Biopsychosocial and spiritual model.

Insurance: Aetna, Medicare (traditional), Medical Assistance (if secondary to Medicare), sliding scale, Tricare (non-par provider)

Insurance: Most insurance plans accepted

**Bonnie L. Goldschmidt, LCSW-C, LCADC**

9017 Red Branch Road, Suite 204  
Columbia, MD 21045  
410-730-4500

[www.healthgrades.com/providers/bonnie-goldschmidt](http://www.healthgrades.com/providers/bonnie-goldschmidt)

Outpatient counseling services to adolescents and adults, specializing in substance abuse and mental health.

Insurance: Sliding scale upon request

**Penny Harrigan, LCPC**

The Education and Therapy Center  
8940 Route 108, Suite F  
Columbia, MD 21045  
410-599-3834

[pharrigan@comcast.net](mailto:pharrigan@comcast.net)

Provides outpatient counseling services to children, adolescents and families.

Insurance: sliding scale upon request.

**Liza Hicks**

419 Oella Avenue  
Catonsville, MD 21228  
443-848-1366

[LizaHicks.com](http://LizaHicks.com) / [lh@lizahicks.com](mailto:lh@lizahicks.com)

Outpatient counseling services to adults and adolescents. Expert areas of treatment include: trauma and grief.

Insurance: CareFirst, BC/BS

**Melinda Hoffman, LCPC**

9881 Broken Land Parkway, Suite 105  
Columbia, MD 21046  
410-997-0996

[www.melindahoffmanlcpc.com](http://www.melindahoffmanlcpc.com)

[Melinda.h@verizon.net](mailto:Melinda.h@verizon.net)

Outpatient counseling services to children age 8+, adolescents and adults. Depression, anxiety, trauma, abuse, domestic violence victims, PTSD, parenting support. Some training in TF-CBT, CBT. Insurance: BC/BS, Johns Hopkins, Magellan, Medicaid, sliding scale upon request

**Roberto Huie Jr., LCSW-C**

5300 Dorsey Hall Drive, Suite 203  
Ellicott City, MD 21042  
410-292-9809

[RobertoHuieJr@aol.com](mailto:RobertoHuieJr@aol.com)

Outpatient services for adolescents, adults, couples and family. Expertise in treating mood and anxiety disorders, addiction, dual diagnosis, co-dependency, separation, divorce. Also works with personality issues, abuse, trauma, grief and loss.

Language: Spanish

**Karen K. Johnson, LCSW-C**

10632 Little Patuxent Parkway, Suite 313  
Columbia, MD 21044  
443-803-6791

[Karen63012@comcast.net](mailto:Karen63012@comcast.net)

Outpatient counseling services to children, adolescents, and families, young adults, women's issues, autism spectrum disorder, usually teens and young adults high-functioning, mental health, ADHD, depression, bipolar disorders.

Insurance: APS Healthcare, Aetna, BC/BS, SHIP Children's Program, Cigna, Magellan

**Karen Kirkpatrick, LCSW-C**

10630 Little Patuxent Parkway, Suite 307  
Columbia, MD 21044  
443-326-2785

[kakirkpatrick@verizon.net](mailto:kakirkpatrick@verizon.net)

Individuals, couples, teens and children. Specializes in EAP, crisis work.

Insurance: Aetna, Blue Cross, Magellan

**Janeta Koelsch, LCSW-C**

**In Home Therapy, LLC**

**6520 Wingflash Lane**

**Columbia, MD 21045**

**410-245-5316**

[jmkoelsch@outlook.com](mailto:jmkoelsch@outlook.com)

Providing therapy to adults, adolescents and families in their home for treatment of a wide variety of issues including, but not limited to: depression, anxiety, trauma, behavior problems, and anger management.

Insurance: Medicaid, self-pay

**Sean Lare, LCSW**

**10632 Little Patuxent Parkway, Suite 245**

**Columbia, MD 21044**

**410-689-9074**

[www.seanlare.com](http://www.seanlare.com)

[counseling@seanlare.com](mailto:counseling@seanlare.com)

Counseling to LGBTQ children, youth, adults, and their family members. Help individuals develop new identities, navigate transition and coming out process, attend to relationships, and care for mental health needs. Provides consultation and training services focused on increasing the sensitivity to LGBTQ issues in the workplace.

Insurance: Some insurance accepted, self-pay

**Cynthia Lengrand, LCSW-C**

**8165 Cyprus Cedar Lane, Suite 201**

**Ellicott City, MD 21043**

**410-715-1606**

[CynthiaLengrand@gmail.com](mailto:CynthiaLengrand@gmail.com)

Individual and family therapy for children, adolescents and adults. Anxiety, depression, life stressors, grief, ADHD, PTSD, family issues. Specialize in trauma – trained in EMDR.

Insurance: APS, Aetna, UBH, MA, Medicare

**Marcie Lovell, LCSW-C**

**Focused Solutions, LLC**

**5550 Sterrett Place, Suite 200**

**Columbia, MD 21044**

**410-884-6031/410-884-6134 Fax**

[mlovell@focusedsolution.net](mailto:mlovell@focusedsolution.net)

Outpatient counseling services to children, adolescents and adults. Some expert areas of

treatment include early childhood trauma, attachment, bereavement, and adoption.

Insurance: Most insurance accepted

**Dolores DeLuise Madiou, LCSW-C**

**7360 Grace Drive**

**Columbia, MD 21044**

**410-914-7205**

[dolores.madiou@gmail.com](mailto:dolores.madiou@gmail.com)

Outpatient therapy for adults, couples and adolescents. Specializing in trauma informed practices, trauma abuse history, couples and relationship issues, adjustment and mood disorders, grief and loss, family problems, and other life stressors.

Insurance: Aetna, United Healthcare, CareFirst, BCBS, Coventry Health Care and others

**Jennifer Manning Plassnig, MSW,**

**LCSW-C, ACHt, BCD**

**10709 Birmingham Way**

**Woodstock, MD 21163**

**410-203-2411**

[www.JenniferManningPlassnig.com](http://www.JenniferManningPlassnig.com)

[jenniferplassnig@gmail.com](mailto:jenniferplassnig@gmail.com)

Children, adolescents, adults, families and groups. Cognitive Behavioral Therapy, Hypnosis, EMDR (Eye Movement Desensitization and Reprocessing), EFT (Emotional Freedom Technique), process acupressure, play therapy, relaxation and visual imagery techniques, meditation and breathing techniques.

Insurance: Self-pay

**Brenda L. May, LCSW-C**

**Crossroads Psychological Associates, LLC**

**10784 Hickory Ridge Road**

**Columbia, MD 21044**

**410-964-0425 x21/Fax 410-964-0515**

[brenda.may@crossroadspsych.net](mailto:brenda.may@crossroadspsych.net)

Outpatient counseling services to children, adolescents and adults. Individual, couples and family therapy. Specialty in anxiety disorders and mood disorders.

Insurance: Self-pay

**Erin McClintock Smith, LCSW-C**

5126 Dorsey Hall Drive, 2<sup>nd</sup> Floor  
Ellicott City, MD 21042  
410-564-8288

[erinsmithlcswc@gmail.com](mailto:erinsmithlcswc@gmail.com)

Outpatient services to adolescents, teens, and adults. Specializing in depression, anxiety, ADHD, and life transitions. LGBTQ-informed and allied. Certified in trauma treatment.

**Jacqueline McClure, LCPC, NBCC,**

8705 Celita Court

Jessup, MD 20794

301-498-7218

[Jacquelinemcclure.lcpc@yahoo.com](mailto:Jacquelinemcclure.lcpc@yahoo.com)

Adults, couples, adolescents, families. Specializes in couples and family counseling, adults who are functioning well, but adjusting to difficult life situations, and military members.

Insurance: Aetna, Cigna, Tricare, BCBS, Magellan

**Danny Miller, LCPC**

Healing Songs Therapy

3565 Ellicott Mills Drive, Suite 208

Ellicott City, MD 21043

240-583-0351

[www.healingsongstherapy.com](http://www.healingsongstherapy.com)

[song2give@gmail.com](mailto:song2give@gmail.com)

Cognitive Behavioral Therapy (CBT), schema therapy, prolonged exposure therapy, Exposure and Response Prevention (ERP), and dialectical behavior therapy for adults, couples, and young people. Specialties include acute stress caused traumatic events, chronic distress caused by long-term abuse or neglect, complex grief, anxiety disorders, adolescent/young adult issues, and patterns of unhelpful behavior leading to profound distress and relational difficulties.

Insurance: Self-Pay, Out of Network

**Jadranka Milovanovic, LCPC**

10632 Little Patuxent Parkway, Suite 343

Columbia, MD 21044

443-955-4592/410-997-7878 Fax

[www.healthgrades.com/providers/jadranka-milovanovic](http://www.healthgrades.com/providers/jadranka-milovanovic)

Children, adolescents, families: adjustment disorders, depression, anxiety, ADD/ADHD, anger management and behavioral problems. Couples, addiction, grief counseling. Sensitive to and competent in working with people of various cultural and religious backgrounds.

Language: Italian, Serbian, Croatian, Bosnian

Insurance: CareFirst, Aetna, BC/BS,

MHN/Managed

Health Network, Magellan Behavior Health

**Indrani Mookerjee, DSW, LCSW-C**

IME Behavioral Health, LLC

8840 Stanford Boulevard, Suite 1600

Columbia, MD 21045

240-512-0141/Fax 240-512-0151

[www.imebehavioralhealth.com](http://www.imebehavioralhealth.com)

Specializes in trauma, addiction, relationship issues, mood disorders, behavioral problems, psychosis, and ADD treatment for adults, adolescents, children and families. Medication management and psychotherapy services.

Insurance: Blue Cross, Johns Hopkins EHP and USFHP, Medicare.

**Yi-Ching (Emma) Ostendorp, LCPC**

Congruent Counseling

10630 Little Patuxent Parkway, Suite 209

Columbia, MD 21044

410-740-8066 / Fax 410-740-8068

[www.congruentcounseling.com](http://www.congruentcounseling.com)

Provides therapeutic treatment for adults, adolescents, children, and families. Areas of expertise include depression, anxiety, ADHD, complicated grief, bipolar disorder, cultural and adjustment issues, couples and family relational difficulties, emotional and sexual abuse, and feelings regulations.

Insurance: Aetna, Blue Cross Blue Shield, CareFirst, Cigna, Johns Hopkins, United Healthcare

Language: English, Mandarin

**Matt Otto, LCPC**

Crossroads Psychological Associates, LLC  
10784 Hickory Ridge Road  
Columbia, MD 21044  
410-964-0425/Fax 410-964-0515  
[matt.otto@crossroadspsych.net](mailto:matt.otto@crossroadspsych.net)  
[www.matt-otto.com](http://www.matt-otto.com)

Individual and group therapy specializing in adolescents, young adults and pastoral counseling.  
Insurance: Self-pay

**Carlos Pastor, LCSW-C**

10632 Little Patuxent Parkway, Suite 245  
Columbia, MD 21044  
410-419-1708  
[www.psychologytoday.com/us/therapists/carlos-pastor-columbia-md](http://www.psychologytoday.com/us/therapists/carlos-pastor-columbia-md)

Outpatient mental health counseling treating adolescents, family, couple and individuals.  
Insurance: Most private insurance accepted, sliding scale upon request

**Hetal Patel, LCSW-C**

3355 St. Johns Lane  
Ellicott City, MD 21042  
443-451-0159  
[Hetal9722@yahoo.com](mailto:Hetal9722@yahoo.com)

Individual and family therapy, play therapy. Children and adolescents, adults. Depression, anxiety, ADHD, ODD, OCD, infertility, parent-management training.  
Language: Gujarati, Hindi  
Insurance: BCBS, Medicaid, sliding scale

**Anne Peurasaari, LCSW-C, RN**

5018 Dorsey Hall Drive, Suite 205  
Ellicott City, MD 21042  
410-992-4940  
[www.healthgrades.com/providers/anne-peurasaari](http://www.healthgrades.com/providers/anne-peurasaari)

Adults, older teenagers. Same gender couples, spiritual aspects in counseling, alternative aspects compared to medication.  
Language: German  
Insurance: Most insurance accepted, sliding scale

**Barbara M. Polonsky, LCSW-C**

5122 Aver Court  
Columbia, MD 21044  
410-227-9074  
[bpolonskylcsw@verizon.net](mailto:bpolonskylcsw@verizon.net)

Outpatient counseling for individuals (adults), children, adolescents. Areas of expertise include anxiety and depression, interpersonal relationship conflicts, co-dependency issues, parenting struggles, stage of life transitions, and women's issues.  
Insurance: Some insurance accepted, sliding scale

**Mary Prendergast, LCPC**

Crossan Counseling Services  
3901 Putty Hill Avenue  
Nottingham, MD 21236  
443-326-6217  
[maryfprendergast@gmail.com](mailto:maryfprendergast@gmail.com)

Outpatient services to children, adolescents and adults, experiencing anger management problems, anxiety, depression, chronic pain, stress related issues, relationship issues, LGBT/transgender issues. Individual and group therapy. Coaching for ADHD and executive functioning related problems.  
Insurance: Maryland MA, CareFirst, Magellan, Magellan EAP and others

**Bill Ray, LCSW-C**

Crossroads Psychological Associates, LLC  
10784 Hickory Ridge Road  
Columbia, MD 21044  
410-964-0425 x19/Fax 410-964-0515  
[bill.ray@crossroadspsych.net](mailto:bill.ray@crossroadspsych.net)

Outpatient counseling services for adolescents and adults. Areas of expertise include: substance abuse and dependence, anxiety, depression, marital and relationship issues.  
Insurance: Self-pay

**Stacey Rempert, LCSW-C**

**10632 Little Patuxent Parkway, Suite 100  
Columbia, MD 21044  
410-206-8573**

[www.columbiatherapist.guru](http://www.columbiatherapist.guru)

Outpatient counseling for adolescents ages 13+ and adults. Expert areas of treatment include: addictions, trauma, self-harming behaviors, and anxiety.

Insurance: Some sliding scale

**Kathryn Reynolds, LCPC, NCC, DAPA**

**5114 Dorsey Hall Drive  
Ellicott City, MD 21042  
410-689-5181**

[www.kreytherapy.com](http://www.kreytherapy.com)

Specializing in anxiety, depression, grief, helping people overcome trauma and child abuse.

**Robert D. Robinson, LCPC**

**The Family Center  
4785 Dorsey Hall Drive, Suite 109  
Ellicott City, MD 21042  
410-531-5087/410-997-1556**

[thefamilycenter.tv.com](http://thefamilycenter.tv.com)

Child, adolescent and family counseling specializing in child & adolescent. Anxiety, depression, self-esteem, peer relationship issues, school-related problems and abuse issues. Also counsels individual, adult and couples, as well as teen and adult group therapy.

Insurance: Self pay

**Ann J. Rochford, LCSW-C**

**5513 Twin Knolls Road, #220  
Columbia, MD 21045  
410-707-0657**

[annirochford@yahoo.com](mailto:annirochford@yahoo.com)

Outpatient psychotherapy for adolescents and adults. Expert areas include anxiety, depression and transitions to new stages of life.

Psychotherapeutic approaches include behavior modification, interpersonal psychotherapy and role playing.

Insurance: All medical insurance, Medicare, Tricare

**Yvonne Rogers, MS, LCPC**

**Congruent Counseling  
10630 Little Patuxent Parkway, Suite 209  
Columbia, MD 21044  
410-740-8066 / Fax 410-740-8068**

[www.congruentcounseling.com](http://www.congruentcounseling.com)

Cognitive-Behavioral Therapy (CBT) for depression and anxiety, anger management, suicide prevention, substance abuse and addictions counseling. Provides services for children, adolescents, and adults.

Insurance: Aetna, Blue Cross Blue Shield, Cigna, Johns Hopkins, Magellan, United Healthcare.

**Anne Roth, LCSW-C**

**2000-Century Plaza  
10632 Little Patuxent Parkway, Suite 325  
Columbia, MD 21044-3205  
410-992-5670**

[www.healthgrades.com/providers/anne-roth](http://www.healthgrades.com/providers/anne-roth)

Counseling adolescent, adult, couples, family, and individual therapy.

Insurance: Most insurance accepted

**Mimi Ryans, LICSW, LCSW-C, RPT**

**Lighthouse Center for Therapy and Play  
10632 Little Patuxent Parkway, Suite 327  
Columbia, MD 21044  
443-864-5647**

[www.lighthouseplaytherapy.com](http://www.lighthouseplaytherapy.com)

Private practice that works specifically with adults, children and families. Registered Play Therapist on staff. Will work with clients that are unable to access services.

Insurance: Medicaid, Medicare and most insurance plans

**Molly King Safren, LCSW-C**

9575 Angelina Circle  
Columbia, MD 21045  
301-596-2858

[msafren@verizon.net](mailto:msafren@verizon.net)

Psychotherapy for adults, couples, some adolescents. Specialties include: work with grief, anxiety and depression, adult children of alcoholics, gay and lesbian issues, substance abuse and recovery.

Insurance: Medicare assignment

**Melissa Schnaar, LCSW-C**

Collaborative Counseling Center  
5560 Sterrett Place, Suite 201  
Columbia, MD 21044  
410-546-4000

[Collaborativecounselingcenter.com](http://Collaborativecounselingcenter.com)

[melissa@collaborativecounselingcenter.com](mailto:melissa@collaborativecounselingcenter.com)

Outpatient mental health services to children, adolescents and their families. Comprehensive mental health services including: psychiatric services, individual, group and family counseling.

Insurance: Self-pay

**Jennifer Schoo, LCSW-C**

8165 Cyprus Cedar Lane, Suite 201  
Ellicott City, MD 21043  
410-220-7697

[www.therapysquare.com](http://www.therapysquare.com)

[Jennifer.schoo@yahoo.com](mailto:Jennifer.schoo@yahoo.com)

Individual, family and group therapy for children and adults with ADHD, behavioral problems at home and school, depression, anxiety, interpersonal relationships, family contact, physical/sexual/emotional and substance abuse. Groups for adults, children and adolescents to include self-esteem, interpersonal relationships, behavior modification, ADHD, anxiety, depression, substance abuse, parenting and anger management.

Insurance: Aetna, APS, Tricare, UBH and MA

**Lori Simmons, LCMFT**

Congruent Counseling  
10630 Little Patuxent Parkway, Suite 209  
Columbia, MD 21044  
410-740-8066

[www.congruentcounseling.com](http://www.congruentcounseling.com)

Specialties include ADHD/ADD, adjustment disorders, crisis counseling, depression, family issues, school problems, PTSD/trauma, parenting issues, self-esteem, grief/loss, anger management, marital/couples counseling, communication skills.

Insurance: Most insurance plans accepted

**Tammy J. Spengler, MSW, LCSW-C**

Focused Solutions, LLC  
5550 Sterrett Place, Suite 200  
Columbia, MD 21044  
410-884-6031

[TSpengler@focusedsolution.net](mailto:TSpengler@focusedsolution.net)

Outpatient counseling services to adolescents and adults. Expert areas of treatment include PTSD, domestic violence, adoption, and childhood maltreatment. Holistic approach.

Insurance: Most insurance accepted

**Andrew Stanton, LCSW-C**

8850 Columbia 100 Parkway, Ste. 203  
Columbia, MD 21045  
443-546-4476

[www.StantonPsychotherapy.com](http://www.StantonPsychotherapy.com)

20 plus years of experience providing individual, couples and family therapy. Specialties include children/adolescents, substance abuse, trauma, hypnotherapy, sports and other performance improvements. Extensive knowledge and experience working with ADHD, anxiety, depression and managing life changes.

Insurance: APS Healthcare, Anthem, BlueCross/BlueShield, Empire BlueCross, GEHA, Great-West Life, Health Net, Kaiser (Out-of-Network), MAMSI, Magellan Behavioral Health, NCPPO, TRICARE, Medicaid, self-pay



**Lacey J. Steen, LCSW-C, LLC**

**Walk and Talk Maryland**  
**5114 Dorsey Hall Drive**  
**Ellicott City, MD 21042**  
**410-929-4560**

[walkandtalkmd.com](http://walkandtalkmd.com)  
[walkandtalkmd@gmail.com](mailto:walkandtalkmd@gmail.com)

Outpatient services to adolescents and adults, both in a traditional office setting or out in the fresh air, on a walk.

Insurance: Self-pay

**Jennifer M. Steier, LCSW-C**

**Congruent Counseling**  
**10630 Little Patuxent Parkway, Suite 209**  
**Columbia, MD 21044**  
**410-740-8066 / 443-538-8294**

[Jennifer.m.steier@gmail.com](mailto:Jennifer.m.steier@gmail.com)

Outpatient counseling services to children, adolescents, and adults.

Insurance: Most insurance plans accepted

**Norma Stevens, MS, NCC, LCPC**

**IHS Psychotherapy and Counseling, LLC**  
**6011 University Blvd., Suite 100**  
**Ellicott City, MD 21043**  
**410-919-8275**

[www.normastevenslcpc.com](http://www.normastevenslcpc.com)  
[norma@normastevenslcpc.com](mailto:norma@normastevenslcpc.com)

Outpatient services for young adults, adults, seniors, individuals and couples. Specialized experience working with couples to include recovery from infidelity, building/increasing emotional connection, effectively handling conflict. Depression, anxiety, PTSD, anger, recovery from abuse and trauma, life transitions, grief and loss, self-esteem, codependency, spirituality, and interpersonal relationships.

Insurance: Sliding scale is available upon request

**Dr. Lillian M. Sylvester, Ph.D., LCPC**

**Teal Fire Counseling and Consulting, LLC**  
**10632 Little Patuxent Parkway, Suite 343**  
**Columbia, MD 21044**  
**410-707-8527/410-997-7878 Fax**

[www.jituzu.com/site/teal-fire](http://www.jituzu.com/site/teal-fire)

Outpatient mental health services for individuals ages 7 and up. Individual, family and group therapy service provided; LGBTQ+ competent and affirming.

Insurance: Aetna, CareFirst, BCBS, CIGNA, Johns Hopkins Healthcare, Medicaid

**Iris Thomas, LCSW-C, LLC**

**5060 Dorsey Hall Drive, Suite 204**  
**Ellicott City, MD 21042**  
**410-730-2240/410-779-9109 Fax**

[www.yourkidscanchange.com](http://www.yourkidscanchange.com)  
[iris@yourkidscanchange.com](mailto:iris@yourkidscanchange.com)

Children, adolescents and young adults (21 and under) with mental health concerns including: generalized anxiety, panic, separation anxiety, phobia, OCD, Trichotillomania, Selective Mutism, Depression, ADHD, oppositional defiant, grief and loss, PTSD.

Language: Spanish

Insurance: Most major insurance plans accepted

**Rachael Thomas, LCPC**

**5022 Dorsey Hall Drive, Suite 201**  
**Ellicott City, MD 21042**  
**240-621-2272**

Outpatient therapy and nutrition services to children, adolescents, young adults, and families. Individual, family and nutrition therapy, both in the home and in the office. Intensive and individualized services to accommodate busy families as much as possible. Works with individuals with eating disorders, anxiety, depression, ADHD, ADD, weight management, school refusal, food refusal and general behavioral issues.

Insurance: Self-pay

**Virginia Voight, LCSW-C**

**St. John's Professional Center  
3355 St. John's Lane, Suite F  
Ellicott City, MD 21042  
410-808-3422**

[vvoigt@verizon.net](mailto:vvoigt@verizon.net)

Outpatient therapy for clients ages 11+.  
Individual, group, couple and family therapy services. Self-psychological and relational orientation. Expertise in mood disorders, anxiety disorders, addictions, relationship, parenting and family issues. Free phone consultation.

**Brenda von Rautenkranz, LGPC**

**vR Growth and Learning Center  
13425 Forsythe Road  
Sykesville, MD 21784  
301-641-0031**

[www.vrtherapycenter.com](http://www.vrtherapycenter.com)

Equine Assisted Psychotherapy is an alternative to traditional counseling that involves using horses as part of the therapy process. It has been effective with clients with depression, ADD, conducts disorders, dissociative disorders,

anxiety, PTSD, autism and other disorders and disabilities. Children, adolescents, families, marriage, individual and group.  
Insurance: Sliding fee, self-pay

**Joyce Warner-Burke, LCSW-C**

**6274 Gay Topaz  
Columbia, MD 21045  
410-290-8028**

[www.linkedin.com/in/joyce-warner-burke](http://www.linkedin.com/in/joyce-warner-burke)

Conditions: ADD/ADHD, anxiety, mood disorders; counseling-adolescent & adult therapy  
Insurance: Most insurance accepted

**Rod Wright, BS, ADT**

**Congruent Counseling  
10630 Little Patuxent Parkway, Suite 209  
Columbia, MD 21044  
410-740-8066**

[www.congruentcounseling.com](http://www.congruentcounseling.com)

Works with adolescents, young adults, anger management teams and GLBT population.  
Insurance: Most insurance plans accepted